



**WISH YOU COULD
WORK FROM HOME?
SEVEN DRAWBACKS TO
KEEP IN MIND** {page 11}



**MORE
THAN FRIENDS
JEN FINDS BLISS
WITH BEAU** {page 8}



LONDON

metro®

Tuesday, June 28, 2011
www.metronews.ca



News worth sharing.

Guitar. Hero



► James Lahey plays his guitar and busks on a cool afternoon in front of the Covent Garden Market yesterday.

MIKE ARSENAULT/METRO

Keeping cool with classics

While the cloudy weather may have discouraged some patrons from visiting the market, it didn't stop Lahey from covering a number of hit songs from the '60s and '70s.

City battles invasive beetle

► Emerald ash borer made its way from northeast Asia to North America about 10 years ago ► It was found in London in 2006

The Forest City is fighting back. The emerald ash borer is threatening London's ash trees. The insect feeds on the bark's nutrients, eventually killing the tree if it goes untreated.

Ivan Lister, manager of urban forestry for the city, said the borer is now in all parts of the city.

"We are going to have a lot of trees that will be impacted," said Lister. "It will have an impact on our leaf cover. It will impact on our shade, too."

But Lister said London is trying to limit the damage and maintain London's title as the Forest City.

"If we have to remove an ash tree, we'll be replacing it with a different species, and we'll be planting more than one species ... making our boulevards and parks more diversified," said Lister.

He said 375 ash trees across city parks and boulevards are in the process of getting injected



**"We are the Forest City.
We will continue to be
the Forest City, yes we
will."**

IVAN LISTER, MANAGER OF URBAN FORESTRY

with TreeAzin, a bio-insecticide that helps the trees live longer.

Lister said the city has been trying to control the borer for years, but a majority of the ash

Recognizing ash

What does an ash tree look like?

- Ash trees and maple trees both have branches that come off in pairs. If the leaf isn't a maple leaf, then it's an ash tree.
- If you're unsure if a tree is on your property or city-owned land, call the forestry division at 519-661-5783.

trees are on private properties.

"What residents need to understand is that they are liable," said Lister.

Taking action sooner could save your ash tree. It's more expensive to remove a dead tree than to treat it, he said.

Lister said London is fortunate because it has more than 125 tree species.

"We are proud to be the Forest City," said Lister.

● MARINA BRKLJACA



**FREEDOM IS
COMING...**

7 days

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1
news

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3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



Allan Small says it's time for investors to take advantage of great buying opportunities. More at metronews.ca/investing

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Get water-wise this summer

When the air grows hot, hazy and humid, the call of backyard swimming pools, lakes and rivers becomes strong.

But before you or someone you love takes the plunge, better be sure you're not getting yourself into a dangerous situation.

Berthe Streef, public health nurse with the Middlesex London Health Unit, warns it's not only children who need to be safe around the water; adults who

aren't strong swimmers should either take swimming lessons to beef up their skills, or else they should wear a life jacket because someone can drown very quickly and without the proper training.

Here are some tips for adult swimmers, and tips when it comes to keeping young ones safe:

- Adult supervision is a must. Children who are learning how to swim should always be within

arm's length.

- Take swimming lessons yourself and make sure your children have strong swimming skills.

- For children who do know how to swim, active supervision — as in not reading a book or talking on the phone — is needed.
- Learn CPR training to make sure you're prepared if something does happen. "That training could help save a life."

- If swimming at a beach

or in a river, be aware of the current. Don't swim in rough water and beware of undertow.

- While water wings and pool noodles are fun, they're toys, not water-safety gear.

- Avoid running around pools to avoid slipping.

- When jumping into the water, always look before you leap to make sure no objects or people are in the way. And go feet-first.

● KYLE REA

"Children have a natural curiosity and are attracted to water, but they can drown in a very small amount of water, and it can happen in an instant."

BERTHE STREEF,
PUBLIC HEALTH NURSE,
MIDDLESEX LONDON HEALTH UNIT

Is that ice cream you're eating?

- ◆ Oil-based products do not call themselves 'ice cream' ◆ Package will read 'frozen dessert'
- ◆ 100 per cent Canadian Milk symbol on the product guarantees it's made with milk products

DAVE CHIDLEY/THE CANADIAN PRESS

Is that an ice cream you're enjoying, or a frozen dessert?

Real ice cream is a mixture of cream and/or milk, sugar and sometimes eggs that is frozen while being churned. In commercial ice-cream making, stabilizers such as plant gums are added to keep the ice crystals small and provide a creamy texture. To legally be called ice cream, the product must have more than 10 per cent butterfat or milk fat.

"Frozen desserts are made of edible vegetable oils, which lack the nutrients naturally found in milk, and, in fact, we're saying the oils used in those frozen desserts, such as palm kernel or coconut oil, are the very same oils that consumers are trying to avoid in their diets," says Solange Heiss, assistant director of marketing for Dairy Farmers of Canada.

The oil-based frozen

I scream...

- ▶ London Ice Cream makes about 120 flavours.
- ▶ New flavours this year include: Toasted S'Mores, Caramel Coconut Crunch, Root Beer Float and Peanut Butter Overload. ● METRO

desserts are also an issue for producers of real ice cream because the oil-based products are cheaper to make, says Karen Minielly, a manager at London Ice Cream Co. "It's about time somebody started talking about this," she says.

London Ice Cream produces real hard ice cream, as well as non-ice-cream products such as frozen yogurts, sherbets and sorbets. It distributes directly to customers at its store-front ice-cream parlour and also wholesales throughout southwestern Ontario.

THE CANADIAN PRESS



▶ Employees Lindsay McKenzie and Carolyn Irwin hold ice cream cones from the London Ice Cream Co. that are still "real" ice cream with all dairy products and no oil products, at their retail location in London, yesterday.

Man shot at Kipps Lane convenience store

London police are asking witnesses to come forward after a man was shot just before midnight Sunday at a strip mall.

They say a group of males entered a convenience store on Kipps Lane near Adelaide and Huron streets around 11:30 p.m. and got into a fight.

Police say then another male entered the store with

a handgun and, soon after, several shots were fired.

The man was taken to hospital with serious but non-life-threatening injuries.

Police say they haven't been able to talk to victim, who is not a store employee, but are interviewing several witnesses.

Investigators are also reviewing some surveillance

15-year-old suspect

The suspect is a 15-year-old white male who frequents the Kipps Lane area. He is approximately five-foot-seven and about 130 pounds, with a slim build. He has short brown hair and was wearing a dark T-shirt and dark pants.

video from the area.

One neighbour, identified only as Mark, told AM980 that he heard some loud cracks and thought they were fireworks at first.

Investigators remain at the scene and have blocked off the parking lot as a crime scene.

All of the suspects fled before police arrived.

THE CANADIAN PRESS

"What we know is it started off as a fight between a couple of people that more people gathered into, and it ended with gunshots."

LONDON CONST. DENNIS RIVEST

Fanshawe impresses

► Recent survey lauds facilities, learning quality, services

Fanshawe College ranked second in international student satisfaction in a recent survey.

The International Student Barometer Autumn 2010 gathered feedback from more than 200 colleges and universities around the world. Among the six Ontario community colleges that participated in the survey, Fanshawe ranked first. International students at the college were particularly satisfied with its facilities, the quality of

800 Number of international students Fanshawe enrolls each year.

the learning experience and the comprehensive student services.

"A key component of Fanshawe's strategic plan is to grow our international student population," Fanshawe president Howard Rundle said in a release. "These survey results show that Fanshawe programs



► Dr. Howard Rundle

and services rank as world class according to students from around the world." **● METRO**

News in brief

Breast cancer MRIs coming

Starting July 1, London-area women at high risk for breast cancer will have access to services at the Ontario breast-screening program's high-risk screening centre at St. Joseph's Health Care.

The screening centre will provide women aged 30 to 69 with annual mammography and MRI screening. **● METRO**

MS activist in London today

Multiple sclerosis activist Tim Donovan will be in London today.

Donovan, 60, is the driving force behind New Hope for MS, a cross-Canada tour to raise awareness and money for MS treatment. Up to 75,000 Canadians have MS, but are unable to be treated within Canada.

Donovan will be at Covent Garden Market mezzanine from 2 p.m. to 4 p.m. The gathering will include musician Sue B

and London humourist with MS, Susan Minns. **● METRO**

Province scraps special licence

Drivers in Ontario will soon be able to tow recreational vehicles without getting a special licence.

Transportation Minister Kathleen Wynne says the plan will save RV owners the \$200 licensing fee, since they will now be able to tow the vehicles with a full class G licence. **THE CANADIAN PRESS**



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Violent games win court fight

► Minor's video game law overturned by U.S. Supreme Court ► Games get First Amendment protection ► Developers and sellers celebrate decision

Proposed law

- California's 2005 law would have prohibited anyone under 18 from buying or renting games that give players the option of "killing, maiming, dismembering, or sexually assaulting an image of a human being."
- Parents would have been able to buy the games for their children, but retailers selling directly to minors would have faced fines up to \$1,000 per game sold.
- Children would have needed an adult to get games like "Postal 2," the first-person shooter by developer Running With Scissors that features the ability to light unarmed bystanders on fire.
- The law never took effect. Lower courts have said the law violates minors' constitutional rights.

The U.S. Supreme Court has refused to let California clamp down on the sale or rental of violent video games to children, saying governments lack authority to "restrict the ideas to which children may be exposed" despite complaints that the popular and fast-changing technology allows the young to simulate acts of brutality.

Yesterday, on a 7-2 vote,

the high court upheld a federal appeals court decision to throw out California's ban on the sale or rental of violent video games to minors. The 9th U.S. Circuit Court of Appeals in Sacramento had ruled that the law violated minors' rights under the First Amendment, and the high court agreed. There is no definitive proof that violent video games cause harm to children, or any

more harm than another form of entertainment, said Justice Antonin Scalia, who wrote the majority opinion. He noted there is no tradition in the United States of restricting children's access to depictions of violence, pointing out the violence in the original depiction of many popular children's fairy tales like Hansel and Gretel, Cinderella and Snow White. **THE ASSOCIATED PRESS**

DISSENTING JUDGES' OPINIONS

Justices Clarence Thomas and Stephen Breyer agreed the California video game ban should have been upheld,

Breyer said the court's decision creates an insurmountable conflict in the First Amendment, especially considering

that justices have upheld bans on the sale of pornography to children.

"What sense does it make to forbid selling to a 13-year-old boy a magazine with an image of a nude woman, while protecting the sale to that 13-year-old of an interactive

video game in which he actively, but virtually, binds and gags the woman, then tortures and kills her?" Breyer said.

Two other justices indicated they would be willing to reconsider their vote throwing out the law.



► JT Taga-Anderson, 9, left, and Mika Taga-Anderson, 13, play Grand Theft Auto IV in Los Altos, Calif., Sunday.

HIV killer has very high libido: Crown

The Crown said a man thought to be the first in Canada convicted of murder through HIV transmission has an abnormally high libido that could lead him to reoffend if he's even-

tually freed.

The Crown, making closing arguments in Hamilton yesterday, is seeking to have Johnson Aziga designated a dangerous offender.

THE CANADIAN PRESS

'Bikeability Index' grades cities

University of British Columbia researchers are pedalling past the old adage "You are what you eat" to propose that bike-friendly city design can have a revolutionary impact on health and fitness.

Arguing the blueprint of a community influences the amount of physical activity its citizens get, they propose the new saying should be "You are — where you live."

The team has created the "Bikeability Index," a

mapping tool that scores neighbourhoods on how accommodating they are to cyclists. The researchers said their primary goal is to deliver the maps to the hands of urban planners.

THE CANADIAN PRESS

2,100 Data was collected from more than 2,100 people and was also compiled using public opinion surveys, studies of travel behaviour and focus groups.



► A cyclist rolls down a bicycle lane in downtown Montreal last August.

Wrong-turn penguin on the mend

New Zealand's favourite penguin visitor is more lively and eating fish after undergoing endoscopic surgery yesterday to remove some of the beach sand and twigs it swallowed, apparently mistaking it for snow.

Full recovery for the young emperor penguin — affectionately dubbed

MARK MITCHELL/NEW ZEALAND HERALD/THE ASSOCIATED PRESS



► Emperor penguin Happy Feet.

Happy Feet — may take months, and officials are unsure when or how it could return home to the Antarctic, about 3,200 kilometres away. **THE ASSOCIATED PRESS**

Toronto mayor may go to Pride Week

Toronto Mayor Rob Ford said he would take it "one day at a time" when asked if he would be going to any events at the annual 10-day festival celebrating gay pride.

The comments came after a handful of protesters, angry the mayor might be missing Pride Week, interrupted the event's flag-raising at city hall today.

They began yelling "Bring out the mayor! It's the mayor's job!" and "Where's Rob Ford?"

Ford said last week he won't be attending the annual Pride parade.

Instead, he said, he will be honouring a tradition by spending the upcoming Canada Day long weekend at his cottage.

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HMV Canada gets cash infusion

► Company hopes more product categories, loyalty cards and revamped stores will boost flagging sales

The new owner of 121 HMV stores in Canada has agreed to invest up to \$25 million to fund the evolution of the music, video and game retailer as it adjusts to the digital world.

Paul McGowan, chief executive of Hilco UK, said yesterday that HMV Canada's management team has a plan to maintain sales of CDs, DVDs and Blu-rays at its stores, though he didn't go into details.

"The new product categories it is introducing to the business will help sustain sales levels during the transition of entertainment sales into the digital realm," he said.

HMV has been reworking many of its Canadian

Download spiral

- **HMV has been struggling** in recent quarters to overcome the downturn in sales of CDs, tapes and DVDs.
- **The growing popularity** of digital forms of music, video and text has had a devastating impact on some retailers and their suppliers.
- **In May, Blockbuster** Canada went into receivership. Nearly 150 Canadian Blockbuster stores were closed this month.

stores to focus on a broader selection of music- and film-related products, in-

cluding T-shirts, headphones, video game controllers, mobile phones and other electronics, in an effort to curb declining revenues as disc sales weaken and more shoppers opt to download content.

The company said it would disclose its next steps within weeks.

Hilco UK, a specialist in restructuring retail businesses, paid the equivalent of about \$3.2 million to British retailer HMV Group PLC to buy the Canadian stores.

Hilco is expected to dig deep into HMV's operations to figure out where corners can be cut.

THE CANADIAN PRESS

Oh goodie, more bills: Posties back on job

Canadians can expect to find bills, letters and magazines filling their mailboxes once again.

Canada Post says mail delivery will resume today, after the House of Commons passed back-to-work legislation over the weekend. The Senate approved the bill on Sunday.

However, the Crown corporation warns it will take some time to get back to "normal delivery standards" owing to the backlog of unprocessed mail that accumulated during the month-long labour dispute.

Postal workers began a series of rotating strikes on June 3.

Canada Post brought mail delivery to a complete halt by locking out employees on June 14.

Workers at mail-sorting plants began returning to work yesterday and mail carriers will be back on the job today.

THE CANADIAN PRESS

Chug. A-lug



► Emily van der Wall of Sotheby's wine department holds an imperial — equal to eight bottles — of Chateau Petrus 2000 at Sotheby's London yesterday. The imperial is expected to fetch up to \$41,000 at auction on July 6.

AKIRA SUEMORI/THE ASSOCIATED PRESS

Something for the cellar

Market moment

TSX



+ 57.6
(12,966.5)

Dollar



+ 0.03¢
(101.35¢ US)

Oil



- 55¢
(\$90.91 US)

Natural gas
1,000 cu ft
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(+ 2.7¢)
Gold
contracts
\$1,496.40
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BARING THE TRUTH ABOUT LINGERIE

SHE SAYS ...

JESSICA NAPIER
METRO



Women are better dressers than men; even when they're undressed.

Nine out of 10 men arrive in the bedroom clad in novelty print boxer shorts or a pair

of briefs with elastic that gave up three weeks ago. Strangely, they expect their female bedmates to put a little more effort into their costume choices.

This is what keeps Victoria's Secret in business.

The bright pink lingerie mecca is an exhilarating place to be. Undergarments are mounted in displays with their own built-in lighting. Walls are lined with fragrances that have ambiguously sexy names like Fantasies, Attractions and Bombshell and all smell exactly the same. There are 11 different styles of underwear. ELEVEN.

After roaming the cavernous rooms of bras and body lotions, you enter a boudoir-like dressing room that will

make you feel like you're preparing to go on stage at the Moulin Rouge. Inside the dimly lit cubicle you will struggle into a corset-style contraption that actually makes you look amazing. With lace, ribbons and plenty of boning, it's possible to convince yourself that you, too, are worthy of a pair of angel wings.

Before you know it, you're intoxicated on the scent of Very Sexy Summer and you have dropped \$200 on an embroidered baby doll and two containers of

mango temptation body butter.

For the next 30 minutes you are the sexiest woman in the world. You ooze sensuality as you strut through the mall; nothing could kill your buzz. Until you get home.

Back in the harsh reality of your well-lit apartment you begin to think that maybe you don't actually look that fantastic squeezed inside this torture device masquerading as underwear. All of a sudden those feathers don't make you look fun and flirty; they make you look like a slutty Muppet.

Worst of all is the realization that nothing in your wardrobe is capable of concealing this getup. You would need to wear a burlap potato sack in order to hide the awkward lines and protruding ruffles attached to the apparatus that is now trying to suffocate you.

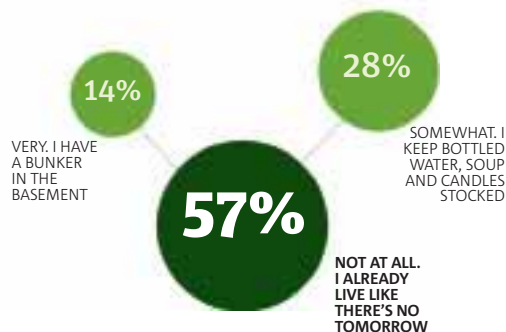
Since real life doesn't permit "let me slip into something more comfortable" opportunities, you will ultimately decide to ditch your fancy lingerie in favour of a practical tummy-trimming spandex number with a decidedly un-sexy name like Spanx. This, of course, will lead to the eventual Bridget Jones moment you have been dreading, where you are discovered to be the sensible, high-waist, control-top woman that you have been trying to hide all along.

Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

How prepared are you for a natural disaster?



Worth mentioning

OTTAWA. Canadians are a talented bunch with a lot of bright ideas — but we struggle to cash in on those ideas. That's the conclusion of a new report by an advisory body to the federal government on science and technology matters.

The Science, Technology and Innovation Council's report, to be released today in Ottawa, found Canadian businesses don't spend nearly as much on research and development (R&D) as other countries.

And that could affect Canada's ability to turn ideas into products and services that can be sold globally.

"An excellent talent pool and increased efforts by government, higher education and some industries are not preventing stagnation in Canada's overall innovation performance," the report says.

"Despite an overall economic performance the past two years that has exceeded that of its major trading partners, the current level of effort by all performing sectors has not been sufficient to bring Canada's expenditures in R&D to the G7 average."

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Iran ready to monkey around in space

Iran says it plans to send a monkey into space next month as the next step in a space program that Western leaders worry could also bring major advances in Iran's missile arsenal.

The state-run news agency IRNA quotes the head of Iran's space agency yesterday as say-

ing that five monkeys are undergoing tests and one will be selected for the flight on a Kavoshgar-5 — or Explorer-5 — rocket.

Last year, Iran announced it had launched a rocket carrying a mouse, turtle and worms into space.

The U.S. and allies are concerned the technology in the space program could also be used to develop long-range missiles with possible nuclear warheads.

Iran denies it seeks nuclear arms and says it wants only energy-producing reactors.

THE ASSOCIATED PRESS



Back in the writer's seat

► Nia Vardalos teams up with Tom Hanks (again) to write Larry Crowne ► She dishes to Metro on working with Hanks, her latest project and heading to Winnipeg this summer



NED
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Actress, writer and director Nia Vardalos admits that she actually loathes writing — except when it's for Tom Hanks, who's been a close friend and colleague since he produced her first film, *My Big Fat Greek Wedding*.

The pair teamed up for the script of Hanks' latest, *Larry Crowne*, so hopefully that writing experience wasn't too terrible. Metro caught up with the Winnipeg native to talk about working with Hanks, heading home this summer and the legacy of her breakthrough film.

How is Tom as a boss?

Well, besides the alcoholic blackouts, he's awesome (laughs). Clearly, you see him. He's one of the most gregarious, fun-loving, well-read, interesting people I've ever met — who happens to be married to my fantastic friend, Rita Wilson. They're just a stellar, shining example of people who have maintained their civility and humanity in a cesspool of an industry. And I just love them both.

What makes the three of you click so well?

We're all dorks, and we like to laugh at ourselves and each other.

It's been almost 10 years since *My Big Fat Greek Wedding*. Isn't it hilarious? Just today

in Times Square, a gaggle of beautifully black-haired Japanese girls screamed when then saw me. They were all going for their cameras, and this one girl kept bowing and saying, "I am Toula! I am Toula!" That makes me cry. That's a really cool feeling.

How have you dealt with the pressure of having such a big hit right out of the gate?

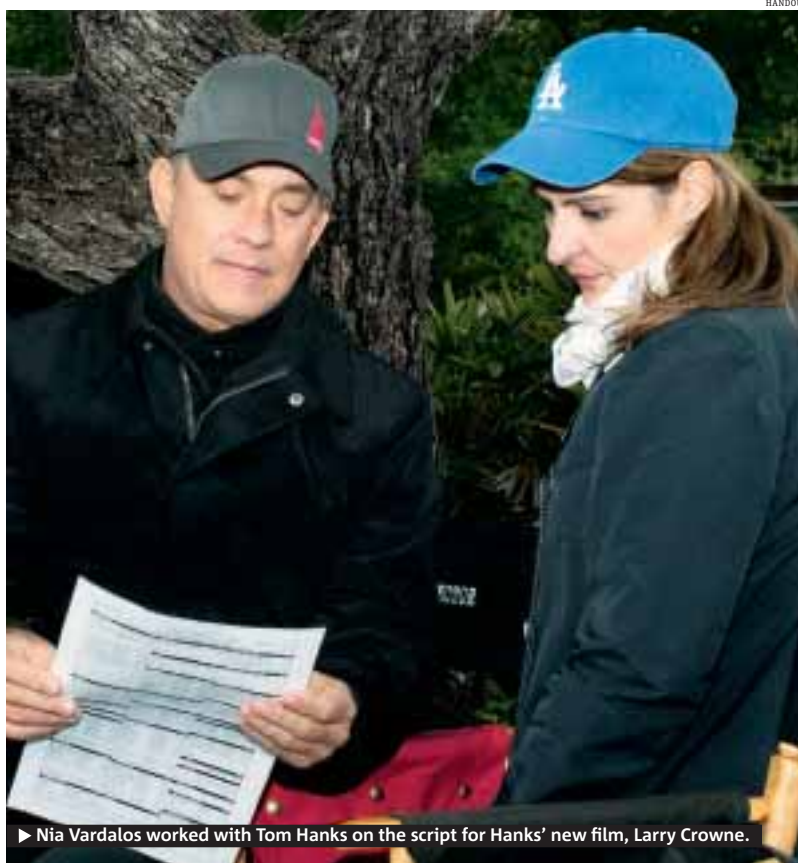
Some people ask me that, but I just don't feel it. I don't think of things that way. I'm such an optimist, I feel no pressure whatsoever. I don't look at anything in terms of monetary success because that's rather gauche.

I just kind of look at it as that movie opened so many doors for me. I met fantastic people, I had dinner with the Queen of England and I met Elton John, and these are not things that I ever aspired to. I never even dared to hope that they would happen. So I don't think of anything as a pressure. It's just, "What's next?"

You're going home to Winnipeg soon to film an *American Girl* movie.

Yeah, I'm really excited. I'm giddy about getting the chance to go back to Winnipeg and spend some time with my family, but also that I got offered a role that I didn't write. I think I Tweeted out that it's another sign of the rapture.

What are you looking



► Nia Vardalos worked with Tom Hanks on the script for Hanks' new film, *Larry Crowne*.

forward to most about going back?

I'm looking forward to hanging around with family, and my daughter having time with grandparents and cousins.

And also I'm actually a huge fan of the *American Girl* series because they promote girl power without being anti-boy, and I

like that. I don't believe in an us-or-them mentality. Even with *Bridesmaids* making such a huge splash, I didn't see it like, "Yeah! One for the women!" That is, I feel, pandering to us. We know we're funny. It's one for comedy. I just love that entire movie, and that's how I feel about *American Girl*

— not the same, G versus R. But, it's about empowerment and about being your best you without it being at the expense of another of the other gender.

An R-rated *American Girl* movie would be very interesting, though.

You're right, you're right. We should write that.



Flood relief



Hollywood actor and Minot, North Dakota native Josh Duhamel has been named honorary chairman of a fund set up for the city's flood recovery. The fund will help Minot and the surrounding area with grants for construction materials, mortgage help, household items and other needs.

THE ASSOCIATED PRESS



Recession-wary performers turn Las Vegas Strip into parade of characters.

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Aniston wearing heart on sleeve

► 42-year-old actress makes it clear she is smitten with new boyfriend Justin Theroux ► Says she is 'extremely happy' about her personal life

Jennifer Aniston enjoying time with new boyfriend Justin Theroux — and is even willing to talk about it.

When asked during a Good Morning America interview if she's happy in her personal life right now, the former Friends star responded, "Yes, I'm very happy. I'm extremely lucky, and I'm extremely

happy."

Aniston even brought Theroux along for her Inside the Actors Studio taping, according to People magazine.

"Whenever there would be a lull, she would just look at him and give him a wink and go back to what she was doing," an audience member tells the magazine. ● METRO



► Jennifer Aniston

ALL IMAGES GETTY

Pippa rumours have Harry laughing

Prince Harry is clearing up any confusion about his personal life. "I am not seeing anyone at the moment. I'm 100 per cent single. I'm working a lot at the moment, so dating and watching TV are the last things I have time for," he says, according to the Daily Mail. As for specific rumors about Harry getting cosy with Pippa Middleton? "Pippa? Ha! No," he says.

● METRO



► Shia LaBeouf

Shia is Pho in love

Five months after meeting at an L.A. karaoke club, Shia LaBeouf says he and stylist girlfriend Carolyn Pho are still going strong — and Pho is even helping broaden his palate. "[Carolyn's] having me

try different things. I was scared of fish, 'cause of my upbringing, being Jewish. Gefilte can ruin your entire seafood life," LaBeouf tells the Los Angeles Times.

● METRO

Sheen Goddess Two packs her bags

Charlie Sheen has lost another "goddess," as girlfriend Natalie Kenly reportedly moved out of his Mulholland Estates mansion last week, according to TMZ.

And the embattled former Two and a Half Men star isn't too pleased about it, demanding Kenly return a Mercedes he bought as a gift while they were dating.

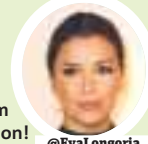
● METRO



Celebrity tweets



"Sorry I'm on vacation! I'll tweet more when I'm back!"



@EvaLongoria



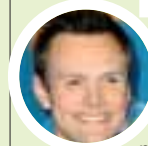
@BruckheimerJB

"Some of my dogs have been walking around the office wearing cone collars lately - thankfully, they're getting better now"



@joan_rivers

"Poor Lindsay Lohan spends so much time in front of judges, her latest driver's license picture was done by a courtroom sketch artist."



@joelmchale

"Boston... Every eatery claims 'Award Winning Chowder'. Either there's way too many chowder contests or 'award' is now part of the title."

ALL PHOTOS GETTY IMAGES



► Neil Patrick Harris and fiancé David Burtka

Harris reveals engagement as N.Y. reverses law

Neil Patrick Harris and boyfriend David Burtka took the opportunity of New York legalizing same-sex marriage to reveal that they're engaged — and have been for some time.

"David and I did propose to each other,

but over five years ago," Harris posted on Twitter. "We've been wearing engagement rings for ages, waiting for an available date."

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► A new study shows that low vitamin D levels can lead to higher MS susceptibility.

MS linked to low sun

► New study lends credibility to the theory that vitamin D a modifiable factor in disease risk ► Experts speculate it leads to abnormal response



CELIA MILNE
LIFE@METRONews.ca

It's a wicked combination that puts people at risk for multiple sclerosis: Low levels of sunlight plus "kissing disease."

Researchers at the University of Oxford in the U.K. have found that people who live far from the equator (in countries like Canada) and have had mononucleosis are at much greater risk for developing MS.

"It is an important finding because it adds weight

to the possibility that vitamin D can be considered a modifiable factor when it comes to increased MS risk," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada.

Researchers in England studied records for Britain's National Health Service over seven years; they identified 56,681 cases of MS and 14,621 cases of mono. They also studied NASA data on sun intensity over the country. They found that the effects of sun exposure plus mono together explained 72 per

"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility."

DR. KAREN LEE

cent of variance in the occurrence of MS across the U.K.

They speculated that not having enough vitamin D in your body leads to an abnormal response to the very common Epstein-Barr virus, the virus

that causes mono.

Perhaps vaccines for the Epstein-Barr virus, as well as widespread use of vitamin D supplements, could lead to fewer cases of MS, they reported.

"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility," says Lee. "Additionally, it directly links two well-known suspects in MS susceptibility — vitamin D and the Epstein Barr virus."

The U.K. study was published in the prestigious journal *Neurology*.

Vitamins

How much vitamin D do you need?

► **Sunlight** Because Canada has relatively low levels of sunlight, make sure you get enough vitamin D. "There is a growing body of evidence that vitamin D can help prevent MS and other diseases," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada. Health Canada recommends 600 IU of vitamin D through daily food intake and up to 4000 IU through supplementation.

● CELIA MILNE

3

life

Fitness pick

Rodial's Arm Sculpt

A busy schedule means you would rather tuck your flagging upper arms (you're convinced they have challenged gravity to a tug-o-war; gravity's winning) under jumpers than spend 30 minutes toning up with downward dog and press up repetitions. Come July, this tactic isn't going to work unless you want to look like a sweaty Michelin Man. Applying Rodial's arm sculpt cream twice daily may help you get Michelle O's toned upper arms in four weeks. The citrus smelling formula contains fruit acids to retexture and smooth bumpy skin tone whilst the caffeine and co-enzyme A help tighten.

● METRO



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Aging baby boomers eating up physician resources with chronic illnesses: survey



Yoga pose. Tree Pose/Vrksasana

Stretching it out

What you do

- 1 Stand in tadasana, feet hip distance apart and parallel arms to the side.
- 2 Shift your weight lightly onto the left foot keeping the inner foot firm to the floor and bend your right knee.
- 3 Reach down with your right hand and clasp your right ankle

- 4 Draw your right foot up and place the sole against the inner left thigh. If you can, press the right heel into the inner left groin, toes pointing to the floor.

- 5 Reset your hands on the top rim of your pelvis, making sure the pelvis is in neutral with the top rim parallel to the floor.

- 6 Lengthen your tailbone toward the floor and firmly press the right foot sole against the inner thigh resisting with the outer left leg. Press your hands together in anjali mudra (prayer) for 30 seconds to 1 minute. Step back to tadasana with an exhalation and repeat on the opposite leg.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

Walnut Ice Cream Bonbons



Nothing says summer like ice cream and these walnut ice-cream bonbons are a perfect treat that is sure to make kids and adults alike smile. Lollipop sticks can be purchased at bulk stores.

Preparation:

1 Scoop 12 small round balls of ice cream with a melon baller and insert lollipop stick into centre. Freeze for at least 30 minutes.

2 Meanwhile, in bowl, combine walnuts, maple syrup, sugar and cinnamon, stirring well to coat.

3 Pour mix onto parchment-lined bak-

ing sheet, spreading into one layer. Bake in a 200 C (400 F) oven for 10 mins, stirring once in between, until light golden. Let cool.

4 Melt chocolate wafers in microwave on high for three 30-second increments, stirring in between. Dip one ice-cream lollipop into chocolate, gently shaking off excess and quickly roll bottom into walnut mixture. Return to freezer until ready to serve. Repeat steps with remaining bonbons.

THE CANADIAN PRESS/CALIFORNIA WALNUTS
(WALNUTINFO.COM)

Ingredients:

- 500 ml (2 cups) ice cream
- 12 lollipop sticks
- 250 ml (1 cup) walnut pieces, coarsely chopped

- 45 ml (3 tbsp) maple syrup
- 15 ml (1 tbsp) dark brown sugar
- 5 ml (1 tsp) cinnamon
- 375 ml (1 1/2 cups) dark chocolate melting wafers

This is Indian dining at its very finest

► Looking for bold flavours & an exotic gourmet experience? Raja is your spot

PAUL MITCHELL



► Chicken tikka masala with a side of salad, chickpea chana masala, basmati rice and Naan bread.

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA



Indian food can seem intimidating but it shouldn't be. Vegetables and spices are simmered down into luscious sauces, nestling tender bites of chicken or lamb.

Raja offers an exotic gourmet experience that will appeal to everyone.

I invite an acquaintance unfamiliar with Indian cuisine to explore Raja's lavishness. We are greeted pleasantly and seated in luxurious surroundings.

Our indulgence begins with onion bhajee (deep-fried fritters, \$6) and sheek kabab (tandoori cooked sausage, \$7).

Both are familiar enough for the uninitiated

and cooked really well.

My chicken tikka masala (\$13) is highlighted by the aromatic yet mild blend of spices, onion, green pepper and tomato. My friend's chicken korma (\$13) offers a sweet honey-almond richness. Both arrive with salad and chickpea chana masala.

The basmati rice and warm Naan bread serve only as vehicles for the succulently creamy sauces. Very fulfilling.

When time is a luxury, enjoy an relaxing lunch by lingering over the gourmet Indian flavours of Raja.

► **Raja Fine Indian Cuisine**
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rajafinedining.ca/london/home.php
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Quick solo lunch: No
Client negotiations: Yes
Price range: \$11 - \$18
Rating: 5 out of 5

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7 drawbacks of working at home

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



I've worked at home for more than 25 years and almost everyone I know who doesn't, envies me.

There are workplace benefits galore: short commute, no wardrobe issues, few distractions, no time clock and excellent coffee.

But it's not Shangri-La. So as a public service to

Make working from home effective with a strict schedule and a Do Not Disturb sign.

-ALISON'S MONEY RULE

all you work-at-home wannabes, here is a list of drawbacks.

1. The if-you're-at-home-you-can't-be-working effect

This can range from unexpected and unwanted drop-ins during prime work hours to family calling for a lengthy chinwag.

2. No water cooler!

It can get lonely with no coworkers for time-wasting chats.

I've found myself trying to keep delivery people hanging around for company.

3. No work, no pay.

Sure you can take a break or vacation any time you want, but when you're not working you don't get paid.

Most self-employed people I know rarely take



▶ Working out of your house may not be an office paradise.

holidays. And sick days? Forget about it!

4. The office is always open.

Nights and weekends are fair game because the office is right there.

Even on a Sunday morning an unfinished job seems to find you and push the guilt button.

And employers know you're there so they don't hesitate to call outside normal office hours.

5. Hey! I'm working here!

Guests never seem to get it that you have a job to do when you're in the office. Recently I had a visitor who loudly sang off key while I tried to

Homebodies

- ▶ Nearly 12 per cent of all paid employees in Canada work at home.
- ▶ 25 per cent work at home because it is a job requirement.
- ▶ 23 per cent work at home because they prefer the working conditions.

work to a deadline.

6. Too many bosses!

Everyone you do business with is a potential boss. Juggling them all is often a challenge.

7. The kids hate it.

When mine were in the tween and teen years they yearned to be latch key kids. How can you get into after school trouble if Mom is always there when you get off the school bus?

Avoid 'staged' car accidents head on

- ▶ Dangerous problem is big business in the U.S.
- ▶ Now prevalent in Canada, especially in large cities

Canada has a new multi-billion-dollar industry, but it's doing more harm than good. It's called auto insurance fraud and it's caused by deliberate or staged accidents.

The Insurance Bureau of Canada estimates that insurance fraud, which includes staged car accidents and the subsequent filing of false insurance claims, is costing policyholders and insurance companies billions.

According to Ken Lindhardsen, Desjardins General Insurance vice president of Claims Operations, about \$1.3 billion of the \$9 billion collected annually in auto insurance premiums goes to cover the cost of fraud in Ontario alone.

"We think that one of the best ways to combat this issue is through public awareness," said Lindhardsen. "It's of vital impor-



▶ Being able to recognize auto insurance fraud is the first step in prevention.

tance now that this type of fraud has become a financial threat and a threat to public safety."

Here are tips to help you avoid a fraudulent accident.

1. Leave significant space between you and the vehicle ahead in case they brake suddenly.
2. Be wary if someone waves you in to merge or change lanes as they may be setting you up for a collision.
3. Exercise extra caution

when making a left-hand turn because the oncoming car, which may seem far away, could deliberately accelerate and hit you.

4. Pay attention when you are driving, as the fraudsters deliberately target distracted drivers — for example, a driver talking on a cellphone.

5. If you are in an accident, be wary if you are pressured or offered money by anyone to use a particular auto body shop, paralegal or medical professional.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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4
sports

Quoted



"I expect a real motivated, real focused guy, and a guy whose body and his injury is ready to go. He's really well beyond (ready), so I think he'll be at full-go coming into training camp and really motivated."

PENGUINS COACH DAN BYLSMA ON STAR CENTRE EVGENI MALKIN, WHO HE SAYS IS PROBABLY "ALREADY READY TO GO" FOR THE START OF NEXT SEASON FOLLOWING RECOVERY FROM TORN LIGAMENTS IN HIS RIGHT KNEE. HE ALSO SAID CAPTAIN SIDNEY CROSBY HAS BEEN CLEARED BY DOCTORS FOR TWICE-PER-DAY, OFF-ICE WORKOUTS.

Wimbledon. Big names bounced



► Venus Williams returns a shot to Tsvetana Pironkova yesterday.

THE ASSOCIATED PRESS

Williams sisters exit Wimbledon, as does Wozniacki

Venus and Serena Williams were both eliminated in the fourth round of Wimbledon yesterday, the first time in five years that neither sister will play in the quarter-finals at the All England Club.

Also knocked out was top-seeded Caroline Wozniacki, who fell 1-6, 7-6 (5), 7-5 to No. 24 Dominika Cibulkova.

Six-time men's champion Roger Federer survived a scare, dropping his first set of the tournament before coming back to down Mikhail Youzhny 6-7 (5), 6-3, 6-3, 6-3 to reach his 29th successive Grand Slam quarter-final.

Sinclair a reluctant hero

► Canadian captain tries to avoid the spotlight after playing through broken nose to score against Germany ► She will wear a face mask on Thursday when Canada returns to field

Christine Sinclair played the role of reluctant hero yesterday.

The Canadian soccer captain made headlines Sunday for bending in a free kick for a highlight-reel goal despite breaking her nose in a 2-1 loss to Germany at the FIFA Women's World Cup.

Within hours of the game, Sinclair was trending on Twitter, and still was a full 24 hours later.

"When I woke up for breakfast this morning,

(teammate Robin Gayle) said, 'You can scrap it off your bucket list, you trended last night.' I said, 'I don't even know what that means,'" Sinclair said with a laugh.

But while the 28-year-old from Burnaby, B.C., might have been big news Sunday night, she wanted little to do with the spotlight the next day — especially if there were cameras involved. She met with a small group of reporters in a hotel lobby,

but paused when she walked off the elevator and spotted a camera.

"There is nothing good about this," Sinclair said, pointing to her nose and frowning.

Sinclair had her nose broken by a hard elbow from Germany's Babett Peter, but stayed in the game — against the wishes of the team's medical staff.

She had her nose reset in a Berlin hospital, and spent yesterday morning being fitted for a protec-

"It was painful, but there was so much adrenalin."

CHRISTINE SINCLAIR

tive face mask. She isn't thrilled with the thought of actually wearing it Thursday when the sixth-ranked Canadians face No. 7 France in a game Canada can't afford to lose.

"I'm going to try to convince (the medical staff) to not make me wear it," Sinclair said. "I've heard it's not fun to wear. Your vi-

sion is limited."

The mask is similar to the one worn by Italian soccer star Marco Materazzi or Detroit Pistons guard Richard Hamilton.

For now, she has a flesh-coloured hard brace protecting her nose.

Sinclair shrugged off talk of being a big deal back home.

"No, I have no idea, it's been a hectic day," she said. "I haven't even called my parents yet."

THE CANADIAN PRESS

Dodgers file for bankruptcy protection

One of baseball's proudest franchises is in tatters, its future to be decided not on the field but in the courtroom.

The Los Angeles Dodgers filed for bankruptcy protection in a Delaware court yesterday, blaming Major League

Baseball for refusing to approve a multibillion-dollar TV deal that owner Frank McCourt was counting on to keep the troubled franchise afloat.

McCourt, upset that baseball commissioner Bud Selig rejected the proposed TV deal last week,

hopes a federal judge will approve \$150 million US in financing to be used for daily operations, which would give him more time to seek a more favourable media contract. A hearing is set for today in Wilmington, Del.

THE ASSOCIATED PRESS

EXTENSION

Canucks lock up Bieksa: Source

The Vancouver Canucks have kept Kevin Bieksa

from hitting the market, signing the defenceman to a \$23-million US, five-year extension.

The team wasn't expected to announce the deal yesterday, but a source confirmed it had been completed.

Bieksa would have become an unrestricted free agent on Friday.

THE CANADIAN PRESS

World Cup. Surprise



► England's Fara Williams, centre, and Mexico's Dinora Garza challenge for the ball yesterday.

THE ASSOCIATED PRESS

England, Mexico play to a draw

The women's World Cup produced wonderful goals and woeful goalkeeping within one summer's day yesterday, leaving the Mexicans with the widest smile.

A 32-yard blast from Monica Ocampo gave Mexico a 1-1 draw against England for the biggest surprise so far after two days of the tournament. Earlier, a superb curling free kick from star player Aya Miyama led Japan to a 2-1 win over New Zealand.

NHL

Sabres ready to spend

The days of the Buffalo Sabres' all-too-familiar, cost-conscious, conservative approach to free agency just might be over.

Backed by an enthusiastic new owner with deep pockets and a desire to win, general manager Darcy Regier

said yesterday he has the green light to be in the thick of the bidding once the NHL's free agency period starts Friday.

"It's both different and exciting," Regier said.

"In the past, it was largely about trades and drafting and developing your own players. So a third area has been opened up on the unrestricted side where we can compete for the best, top unrestricted free agent."

THE ASSOCIATED PRESS

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JUNE 25 Duncan Casey's Dinner & Golf
Tournament \$75
JUNE 26 Karaoke - Sunday @ 2pm
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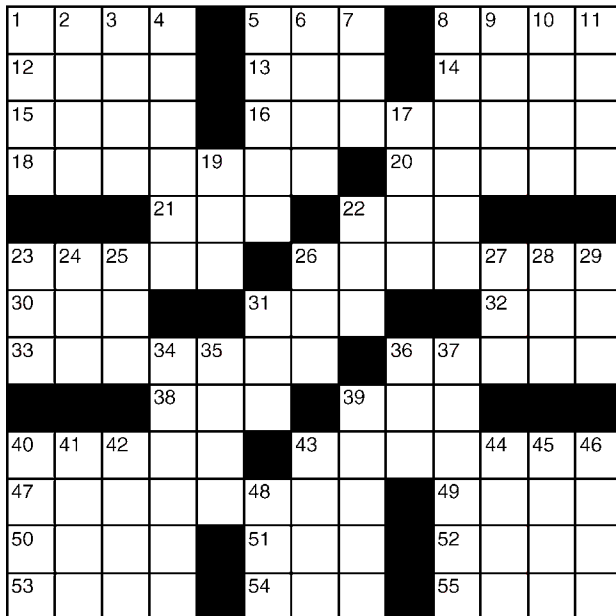
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Crossword

Across

1 "— have to do"
5 Crone
8 Particular
12 — En-lai
13 Bullring cheer
14 Pianist Peter
15 Time of prosperity
16 1960s quartet member Elliot
18 Speaks unclearly
20 Increases
21 Listening organ
22 Collection
23 Rowling's Potter
26 Souvenir
30 Matterhorn, for one
31 Transmit electronically
32 LummoX
33 Copycat's skill
36 Entire range
38 Bashful
39 Young dog
40 Report card letter
43 Champagne and OJ drinks
47 — Day (May 30)
49 Energetic
50 Paradise
51 Past
52 Franc replacement
53 Zilch
54 Cam-bridge sch.
55 Verve
Down
1 Cold War weapon (Abbr.)
2 Quaker pronoun
3 Weaver's apparatus
4 Wood
5 Bart's dad
6 "Woe is me!"



7 Jewel
8 Spur on
9 Ship-building wood
10 Gaelic
11 Rolling stone's lack?
17 Throat-clearing sound
19 Deposit
22 Gender
23 Stage hog
24 Boxer Muhammad
25 Spinning stat
26 Has permission
27 — de plume
28 Greek cross

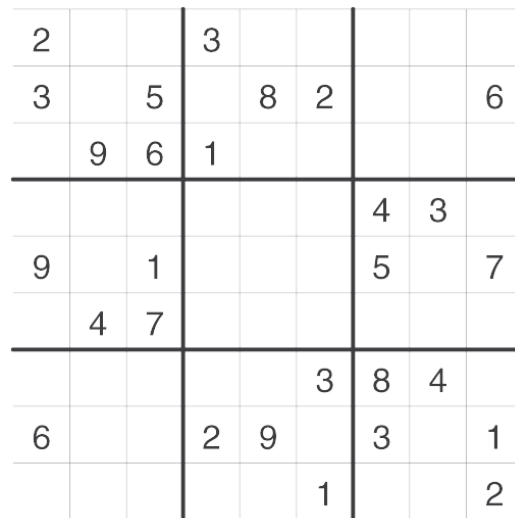
29 Frequently, for short
31 Saute
34 1926 song, "When Day —"
35 "Moonstruck" Oscar winner
36 Wrigley product
37 Farthest orbital point
39 Chesley Sullenberger, e.g.
40 Feds
41 Start over
42 Prayer ending
43 Creche trio

44 Satan's purchase
45 Taj Mahal city / 46 Any day now
48 Descartes' conclusion

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6	2	5	1	8	9	4	7	3
9	3	8	2	7	4	1	6	5
7	1	4	6	5	3	2	9	8
8	7	6	4	2	1	5	3	9
1	9	2	5	3	7	8	4	6
5	4	3	8	9	6	7	1	2
2	6	1	3	4	8	9	5	7
3	8	7	9	1	5	6	2	4
4	5	9	7	6	2	3	8	1

Yesterday's answer ►



Today's horoscope

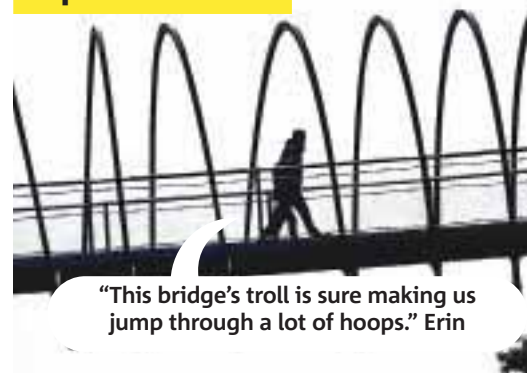
♈ Aries March 21-April 20 Open up a bit and let others know how you think and how you feel.
♉ Taurus April 21-May 21 Your loyalty is impressive, but what about common sense?
♊ Gemini May 22-June 21 Friends and family will rally round and help you out of a jam.
♋ Cancer June 22-July 22 If someone takes liberties with you today you must hit back.
♌ Leo July 23-Aug. 23 Your self-belief will see you through what could be a tricky day.

♍ Virgo Aug. 24-Sept. 22 Don't allow yourself to react to the kind of provocation that most others times would go right over your head.
♎ Libra Sept. 23-Oct. 23 A clash of wills is inevitable over the next 24 hours.
♏ Scorpio Oct. 24-Nov. 22 You may be under a bit of stress at the moment but it will bring out the best in you. kick-start your summer.
♐ Sagittarius Nov. 23-Dec. 21 Get things done and, more importantly, get powerful people on your

For today's crossword answers and for expanded horoscopes, go to metronews.ca

side.
♑ Capricorn Dec. 22-Jan. 20 It would be easy to let your anger get the better of you today — and a huge mistake.
♒ Aquarius Jan. 21-Feb. 18 You are in no mood to sit back and let things happen — you want to reach out and get involved — but you would be wise to listen to what other people tell you.
♓ Pisces Feb. 19-March 20. Someone will question your commitment to a cause — do they have a point? **SALLY BROMPTON**

Caption contest



"This bridge's troll is sure making us jump through a lot of hoops." Erin



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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